

THEY DIED TOO SOON.

George Washington was President and honored in his day,
He was the father of the land, and all things came his way;
He had a basketful of fun, a wagonload of fame—
But he never was a rooter at a base ball game.

Napoleon conquered half the world and had a crown of gold,
And in his time his cup was just as full as it could hold.
It looks from here as though he should have had his share of fun—
But he never strained his vocals when the home team won.

And also Julius Caesar, who had his share of sport;
He won a score of battles and always held the fort;
He killed off lots of people, regardless of the cost—
But he never slugged the umpire when the home team lost.

And also Alexander, he turned most every trick,
And then shed tears because there were no more worlds to lick;
He climbed 'way up the ladder, as high as people get—
But he never pawned his scepter to pay a base ball bet.

—Duncan M. Smith.

WHAT BATES WANTED TO KNOW.

"I shall be obliged if you can answer me one question," said my friend Bates, as he lay on the couch one day in my room nursing his aching leg. "Why does exposure to wet or cold bring on an attack of rheumatism at one time, when a like exposure for a score of times leads to no such result?"

Before I set down in writing the answer I gave him, I wish you would read the following letters, as no doubt the authors of them will be interested in the same point.

"In November, 1892," says the one, "I had an attack of rheumatic fever, and was confined to my bed for four weeks, during which time I suffered fearfully. I had awful pains all over me; my joints swelled up, and I was so helpless I could not raise my hand to my mouth. After the fever left me I was extremely weak, and so emaciated I was little more than skin and bone. A large lump, the size of an egg, formed on my elbow, and my fingers were almost drawn out of joint. I cannot describe the suffering I had to bear. The doctor ordered me various medicines, and cod liver oil, but they had no effect. In February, 1893, I read in a small book about the remarkable success which had followed the use of Mother Seigel's Syrup in cases of rheumatism, and got a bottle from Messrs. Leverett & Fry, High street. After taking it two weeks I was better, and in about a month more all rheumatic pains had left me, and I was strong and well as ever. You may publish what I have said. (Signed) John H. Kent, 9 Randall street, Maldstone, Kent, January 30, 1895."

"For many years," says the other, "I had been subject to liver complaint and indigestion. I was habitually heavy, weak, and weary. My appetite was poor, and all food gave me pain and fullness at the chest and around the sides. I had so much pain and tightness of the chest that I could not endure the pressure of my clothing upon it. Although not laid up, I was seldom free from pain or a sense of discomfort. In the summer of 1893 I began to suffer with rheumatism, which affected my arms and shoulders until I had not the power to lift my hand to my head. I tried all sorts of liniments, embrocations, and rubbing oils, but got no benefit from any of them."

"In August, 1893, my friend, Mrs. Owen, told me how much good Mother Seigel's Syrup had done her for rheumatism, and I got a bottle from the drug store in St. Ann's Road. In a few days I was much better, and in less than a month afterward all the pain left me, and I am happy to say I have never had any return of the rheumatism since, but have enjoyed the best of health in every respect. In common thankfulness for my speedy and wonderful deliverance, I willingly consent to the publication of this hurried statement should you wish to make that use of it. (Signed) (Mrs.) L. S. Cole, 6 Albert Road, South Tottenham, London, August 16, 1895."

Before answering the question of my friend Bates (who was a chronic rheumatic) I asked him one: "Why does a lighted match, dropped into the road, die out harmlessly, but when dropped into a hayrick, set up a conflagration?" "Any fool can answer that," he said. "Because in the one case there is nothing for the fire to catch hold of, while in the other there is."

"Exactly," I responded. "Now see, indigestion and liver complaint (the second consequent on the first) continue to produce a virulent poison in the blood called uric acid, practically insoluble in water. This acid, which is a solid, enters the tissues and sets going a hot inflammatory fire. That is rheumatism. It does what a silver would—only the acid is a poison silver."

"When the indigestion and the liver trouble are not very bad, and the kidneys and sweat glands of the skin are acting fairly well, this acid is carried out of the body about as fast as it is formed. Exposure then brings on no rheumatism. But, per contra, when the stomach and liver are in bad condition, the acid forms faster than the kidneys and skin can carry it off. Then expose yourself, get cold or wet, hamper the skin and kidneys still more, and the poison acid spreads through your muscles and joints like the fire in the dry hay. You understand? Very well. The longer the cause persists, the more frequent the rheumatic attacks. That is why chronic dyspepsia are apt to be chronic rheumatics. Fend off dyspepsia, or cure it by the use of Mother Seigel's Syrup, and you and the rheumatism will have no dealings. Neglect it, and suffer every time you catch cold."

That was my answer to Bates, and he said there seemed to be sense in it.



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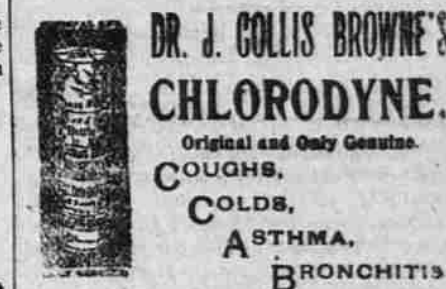
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Capt. J. A. King, Port Superintendent Honolulu, H. I., Jan. 1, 1896.



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